

## AROUND THE MILL

(Continued from Page Three)

grandfather, Mr. W. D. Fant, at Luray, Va., March 14.

Mr. and Mrs. C. W. Pettyjohn and daughter, Betty Jean, spent Easter with Mr. and Mrs. H. F. Tulbert, of State Road.

Mr. and Mrs. Pill Vestal spent Easter with Mr. and Mrs. Mont Transou.

Mrs. Fae Reavis spent Easter with Mr. and Mrs. W. D. Reavis, of Lone Hickory.

Clara and Vernice spent some time in Winston recently. We wonder if they were shopping or attending some fair.

Ruth and Mary report that they have Gone With the Wind.

Miss Louesta Lowery, of Mooresville, was the Easter guest of her grandparents, Mr. and Mrs. R. L. Lowery, of Mocksville.

Walter says he wished two blondes would come to work, he can now furnish them with good work.

I think your reporter can safely speak for everyone in this department and say we are truly enjoying working in our new quarters.

## Give Your Heart A Chance

Although the human heart is only about the size of a man's fist, it does an astonishing piece of work. It pumps fifty gallons of blood an hour. It never sleeps, never loafs, never takes a vacation from the beginning of life to the end. The only rest it ever gets is between beats.

And yet with all the work it has to do, the strong heart does not give out suddenly, unless it has been injured or ill-treated. It cannot, however, be expected entirely to withstand the strain of continuous over-exertion, or the repeated attacks of germs or poisons, and the possibly weakening effects of disease.

The treatment and care of the heart are better understood than ever before, yet the average man foregoes the benefit of that better understanding. Under the pressure of work he neglects his heart and unwittingly abuses it.

What should one do to keep the heart healthy?

1. Go to the doctor every year for a health examination, and follow his advice. After a serious illness, have the doctor give your heart a thorough examination. Return to active life carefully and slowly so that your heart will have plenty of time to rest from the strain.

2. Look after infected teeth or tonsils.

3. Go to the dentist regularly.

4. Keep your weight near the average, for a person of your age, sex and height.

## Easter Cake



Even if the snow did spoil all the Easter egg hunting, it furnished a lot of nice clean sport anyway. With a basket of Easter eggs and a nice big cake like this, it's no wonder that Miss Jerry Burgiss is having lots of fun slicing a piece of cake for her friend, Sallie Myers, even though the cake is snow and the candles are icicles.

5. Have a well-balanced diet and do not overeat.

6. Do not take medicine without consulting your doctor. Some patent cures may contain drugs that are harmful to the heart.

7. Consult your doctor about the use of stimulants.

8. Live a well-rounded life. Exercise regularly but stop before you are overtired.

9. If you have children, consult a doctor whenever one of them complains of even mild leg ache or pains in the joints.

10. Watch your child after he has had one of the "children's diseases" or any serious illness, especially rheumatic fever, diphtheria, scarlet fever, or measles. Care at this time may prevent serious trouble later.

If you do have something wrong with your heart, it is well to know it at an early stage. In many cases, heart trouble responds favorably to treatment. Often serious trouble can be put

off for years, if the symptoms are detected early and proper care taken. Few people realize the wonderful work they can get from an impaired heart by using it skillfully and discreetly.

Here are some suggestions as to how to take care of a weak or disordered heart:

1. Your play and your work should be approved by your doctor. Shortness of breath may mark the limit of your endurance.

2. Get plenty of sleep every night. When you sleep, the heart gets the most rest. The beats are less frequent and the period of rest between beats is longer.

3. Stay out of doors as much as you can.

4. If your doctor prescribes a diet, follow it exactly.

5. Do not use stimulants without your doctor's consent.

6. Avoid all intense emotional disturbances.

7. Watch your habits—not your heart.

8. Find out what you may do and what you may not do, and live accordingly.

Many of the signs which you may think mean heart trouble can be caused by some other disorder. Indigestion, lung trouble, or nervousness may cause pain near the heart, shortness of breath, fainting and irregularity of beat. If you have any of these symptoms, do not try to diagnose the condition yourself, but go to your doctor for an examination. He will find out what is actually wrong, and he may be able to assure you that your heart is sound.

### PEOPLE WILL TALK

You may get through the world, but it will be very slow, If you listen to all that is said as you go. You will be worried and fretted and kept in a stew, For meddlesome tongues must have something to do— For people will talk.

If quiet and modest, you'll have it presumed That your humble position is only assumed; You're a wolf in sheep's clothing, or else you're a fool, But don't get excited, keep perfectly cool— For people will talk.

And then if you show the least boldness of heart, Or a slight inclination to take your own part, They will call you an upstart, conceited and vain; But keep straight ahead, don't stop to explain— For people will talk.

If threadbare your dress, and old-fashioned your hat, Someone will surely take notice of that, And hint rather strongly you can't pay your way. But don't get excited, whatever they say— For people will talk.

If your dress is in fashion, don't think to escape, For they criticize then, in a different shape. You're ahead of your means, or your tailor's unpaid. But mind your own business, there's naught to be made— For people will talk.

The right thing to do is to do as you think best, For your mind if you have one, will then be at rest. Of course you will meet all sorts of abuse, But don't think to stop them; it's not any use— For people will talk.

—Author Unknown.

### His Reason

Soph—Aw, whatcha wanta be a doctor of philosophy for? Frosh—So I can be a professor and walk on the grass.